



*Information for You from Your Health Care Team*

**Lap Band Post-op Diet Instructions**

**Summary of Diet Progression:**

Week 1: Clear Liquids

Week 2: Full Liquids

Week 3: Soft Foods

Week 4 and 5: Regular Food Trial

Week 6 and Beyond: Regular Low-calorie, Portion Controlled Food

**Week 1 = Clear Liquids + Protein Shakes**

- Drink 48-64 ounces of fluid per day.
- Make 16-24 ounces of this your protein shake. In the first 4 weeks, the goal is for your body to heal. Protein is important for healing. You need to drink a protein supplement or shake. The goal is for you to get at least 50-60 grams of protein per day.
- Sip liquids slowly, 1 teaspoon at a time. Do not gulp or use a straw. This can cause you pain, gas, and burping.

<p><b>Clear liquids to Choose from:</b></p> <p>Water  Herbal tea  Decaffeinated coffee  Broth  Crystal Lite®  Diet Gelatin  Diet Snapple®  Diet Twister®  Diluted Fruit Juice (no more than 4 oz per day)  Sugar Free Popsicles</p>	<p><b>Avoid:</b></p> <p>Sugar as a Sweetener  Carbonated drinks  Smoothies  Kool-Aid  Alcohol  A lot Caffeine  Milkshakes</p>
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**Tips when choosing Protein Shake:**

- Protein should be the first ingredient Example: Whey protein or Soy protein isolate.
- Less than 150-190 calories per serving.
- Less than 5 gm of sugar per serving.
- No added sugar or oil in the ingredients list.
- **Do not use** meal replacement drinks, such as Boost, Ensure, or Slim Fast.
  - These have added fat and sugar along with protein, and have too many calories. They may make you sick, and will prevent weight loss.

**Commonly used Protein Shakes:**

### Carnation Instant Breakfast Carb Conscious or No Sugar Added

12 gm protein/8 ounces when mixed with skim milk

Tip: Add ¼ cup of Fat Free powdered milk to the mix to increase the protein to 20 grams.

**EAS Advant Edge:** Ready-to-drink 11 ounce cans 15 gram protein for 11 ounces.

**Designer Whey:** Powder mixed with water or skim milk 18 gram protein when mixed with 8 ounces water, 26 gram protein when mixed with 8 ounces milk

**Skim Plus Milk:** Can be purchased already made or home made (17 gm protein per 8 oz)

Recipe: Mix 8 oz skim milk with ¼ cup fat-free powdered milk.

**\*\*Note:** There are many good supplements.. You may need to try a few before finding one that you like. Check your local grocery store, pharmacy, or GNC. Or go to [www.bariatriceating.com](http://www.bariatriceating.com) and click on protein to find a variety of well-reviewed supplements. You can even buy sample packs to taste different types and flavors of protein shakes.

## Week 2 = Full liquid foods + Protein Shakes

Drink 48-64 ounces of total fluid per day. Make 16-24 ounces of this your protein shake.

- You may now begin to eat Full Liquids as well as the foods you have been eating. The Full Liquid diet includes solid foods that are diluted until runny. Foods should slide off the back of a spoon.
- **Always** eat the protein part of your meal first. Other foods should be added only if you are still hungry.
- Eat a total of **1 cup** of food or less per meal.
- Eat 3 meals per day, with no snacking in-between meals.
- Eat slowly, making your meal last between 20-30 minutes.
- Chew well, about 20 times, waiting 3-5 minutes between each bite.
- Avoid very high calorie foods, fried foods, and junk foods.

	ALLOWED	NOT ALLOWED
<b>Protein Foods</b> Eat First	Skim or 1% milk Low calorie Yogurt Dannon Light'n Fit® Strained cream soups made with fat-free milk Sugar-free pudding	Coffee Creamer Full fat cream soups Ice cream Regular pudding Soup with chunks
<b>Non-Protein Foods</b> Eat after protein, if still hungry:	Fruit juice: Limit to ¾ cup or less per day Soft melon or pureed soft fruit Canned fruit in juice, rinsed and drained Diluted oatmeal or grits Diluted cream of wheat Pureed carrots, green beans, or peas	Beverages containing sugar Breads Crackers Pasta Rice Fibrous fruits such as citrus Fibrous vegetables such as broccoli, asparagus

## Weeks 3 = Soft Food + Protein Shakes:

Drink 48-64 oz of total fluid per day. Make 16-24 ounces of this your protein shake.

- Always eat the protein part of your meal first. Other foods should be added only if you are still hungry.
- Eat a total of  $\frac{1}{2}$  cup or less of food or less per meal. This is a smaller portion than you had in Week 2. The reason for the decrease is that the food is now thicker and you may feel more restriction from the band.
- Chew thoroughly about 20 times, waiting 3-5 minutes between each bite.
- Meal should last no less than 20 minutes, and no more than 30 minutes.
- Avoid liquids with meals, and for 45 minutes after the meal.
- Stop eating at any signs of fullness pressure, tightness, or pain in chest or shoulder.

The following foods can now be added to the diet:

Note: This includes all foods from previous phases

Type	Allowed	Not Allowed
<b>Proteins: Meats, Meat Substitutes, and Non-Meat</b>	Chicken cooked in fat free broth, strain before eating Chicken salad w/Lite mayonnaise Egg Beaters Egg Salad w/Lite mayonnaise Flaked Fish Mashed beans such as: pinto, navy, kidney, garbanzo Low fat cottage cheese or ricotta cheese Scrambled eggs Tuna fish w/Lite mayonnaise Yogurt light or sugar free	Fried Foods Bacon Bologna Breaded or fried fish Chicken wings Cold cuts Corned beef Dry meats or fish Hot dogs Sausage Steak Venison
<b>Protein Supplements (Drink between meals)</b>	Skim milk 1 % milk Lactaid Unsweetened light/low calorie soy milk  <b>Protein Shake: 16-24 ounces per day</b>	Half and half 2% milk Whole milk Non-dairy creamer Regular soy milk Boost Ensure Slim Fast
<b>Non-Protein eat only if still hungry</b>		
<b>Vegetables</b>	Pureed carrots Pureed peas Pureed green beans Stewed tomatoes Tomato or V8 juice, no more than $\frac{1}{2}$ cup per day Squash	Fibrous vegetables such as corn, Brussels Sprouts Stalky vegetables such as: broccoli, asparagus Tomatoes skins Raw vegetables including salad greens

Type	Allowed	Not Allowed
<b>Fruit and Fruit Juice</b>	Bananas Canned fruit in juice, rinsed and drained Cantaloupe Diluted unsweetened fruit juice, limit to $\frac{3}{4}$ cup per day total juice Mandarin Oranges in juice, rinsed and drained Unsweetened applesauce Watermelon	Fruits with membranes such as oranges, grapefruit Fruits with seeds Fruits with skins Dried fruits Coconut
<b>Breads, Pasta &amp; Starches</b>	Cream of rice cereal Cream of wheat cereal Quinoa Bulgur wheat Farina Oatmeal Potatoes Sweet potatoes	Biscuits Bagels Bread Crackers Croissants Doughnuts French fries Potatoes w/skins Granola
<b>Desserts &amp; Sweets</b>	Sugar free popsicles Sugar free jello	Candy Cake Creamsicles Doughnuts Fat free ice cream Fudgsicles Ice cream Pastries Sugar free ice cream
<b>Fats &amp; Oils</b>	Butter buds Fat free butter spray Fat free gravy Low fat or lite mayonnaise Olive oil Safflower oil Canola oil <b>Note: All fats and oils contain 120 calories per Tablespoon so use very sparingly</b>	All fried foods Butter Lard Regular gravy Regular margarine Regular mayonnaise Shortening
<b>Condiments &amp; Miscellaneous</b>	Herbs Spices-mild Use with caution as tolerated  Note: Most herbs, spices and low calorie condiments are okay to have in small amounts.	



Type	Allowed	Not Allowed
<b>Fruit and Fruit Juice</b>	All soft fresh fruits such as melon Hard fruits, such as apples, peaches, pears, plums, nectarines Fruits with seeds such as berries Citrus	Canned fruit in syrup Dried Fruits Coconut
<b>Breads, Pasta &amp; Starches</b>	100% whole grain breads, cereals, pasta, Brown rice Toasted whole wheat bread Barley	Croutons Cereal with excess milk Granola Note: bread, rice, crackers, popcorn, and pasta are difficult to digest and often contain empty calories. Avoid these foods whenever possible.
<b>Desserts &amp; Sweets</b>	See above	See above
<b>Fats &amp; Oils</b>	See above	See above
<b>Condiments &amp; Miscellaneous</b>	Onions Relish Salsa Garlic Fresh ginger Ketchup Mustard Low calorie salad dressings Note: Most herbs, spices and condiments are okay to have in small amounts.	Cream sauces such as alfredo Soup: Soups should be strained and only the solid part eaten Maintain 1-2 ounce portions.

## Week 6 and Beyond = Regular Low-calorie, Portion Controlled Food

After 6 weeks, your body will be healed from surgery. It is at this point that the band will be filled with saline. Your diet after the fill should start off with slightly softer foods, progressing to a regular diet as tolerated.

- Continue to eat a well-balanced diet that is high in protein.
- Continue to avoid high sugar/high calorie foods and beverages.
- Chew 20 times
- Wait 3-5 minutes between bites
- No liquids for 45 min-1 hr after meals.
- Stop eating at any signs of fullness.
- Take a multivitamin with minerals and a calcium supplement daily.

## Tips for Long-Term Success



Remember that it is not always what we eat, but how we eat, that determines our calorie intake. Review your behavior modifications regularly and remember that these must become a habit in order for you to lose the weight and keep it off.

Practice your behavior modifications:

- Chew food 20 times
- Wait 5 minutes between bites
- Take 20 minutes to eat a small, balanced meal or be sure it has been 20 minutes before you go for seconds
- No drinking with meals
- Eat only 3 times per day
- No snacking between meals or in evenings
- Exercise regularly

Coming to your regular follow-up appointments at the bariatric center, staying involved with support groups, and continually practicing mindful eating will all increase your weight loss success.

Choose foods that promote weight loss and long term weight maintenance.

**Fruits:** All kinds, 2-3 servings per day

**Vegetables:** All non-starchy, 3+ servings per day (raw or steamed, no oil).

- Salads should be eaten without added cheese, croutons, bacon bits or seeds. Dressing should be pre-measured and add up to no more than 50 calories per serving, Note that a Caesar Salad can have over 800 calories!
- Note: Limit corn, potatoes, and peas to ½ cup per day total

**Grains:** 5-6 servings per day: All grains should be whole.

- Foods made with white flour, bread, cereal, pasta, bagels, rolls contain little to no nutritional value and do not create a sense of fullness. Avoid these whenever possible.

**Meats, Fish, Poultry, Eggs, Beans and Meat Substitutes:** 5-7 ounces per day

- All meats should be grilled, baked, or broiled. No fat or oil should be used in the preparation of meats. Even Lean ground beef has much more fat than skinless chicken or fish.

**Dairy:** 3 servings per day

- Low- fat dairy products are an excellent source of protein and calcium.

**Fats and Oils:** Low-calorie salad dressing and light mayonnaise may be eaten in careful moderation. Avoid fried foods as much as possible. These will always be too high in calories and contribute to weight gain.

A Final note: Almost all foods are okay to have in moderation. Attaching a guilty feeling to your eating will only make you feel worse and may even make you eat more.

**If you have a craving for something that you know is unhealthy:**

- First, step out of the situation and take a deep breath.
- Then, wait 10 minutes and see if the feeling passes.
- If after 10 minutes you still have the urge, then go ahead and have a little bit of whatever you are craving.
- Lastly, enjoy each bite and be happy that you indulged. Make up for it by eating healthy for the rest of the day and be happy with yourself for staying on track.

## **Troubleshooting for Lap Band Complications:**

### **If you occasionally have:**

Regurgitation, food is coming back up upon eating solid foods: First, be sure you are not:

- Eating too much
- Eating too fast
- Swallowing food that is not well-chewed
- Drinking liquids with your meals
- Under a great deal of stress or anxiety
- Eating a food that is not on your list

If food is coming back up on a regular basis, and is not related to any of the above factors, call the Bariatric Center immediately at **464-9852**.

### **If you are regularly having:**

**Reflux Heartburn or burning in throat:** After eating or at night: Call the Bariatric Center

Note: If you are having acid reflux, are throwing up on a regular basis, or a constant feeling that the food is getting stuck, please call the Bariatric center immediately at **464-9852**.

**Speak Up If You Have Any Questions or Concerns**